

# A Taste of Sugar



## A collection of recipes from the Canadian Sugar Institute

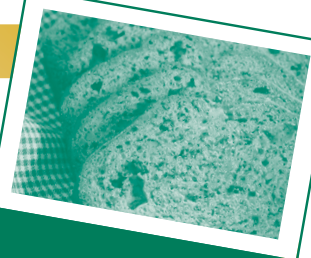
Sugar brings baked goods to life by producing mouth-pleasing textures and warm golden colours. Sugar also extends the life of baked goods by keeping them moist and fresh.

### HOMESTYLE BANANA BREAD

*Creaming the sugar and butter together introduces air into the batter, which helps the bread to rise. The generous number of bananas in this recipe contributes to a light, marvellous-tasting bread with a moist texture.*

<b>1 cup</b>	<b>whole-wheat flour</b>	<b>250 mL</b>
<b>1 cup</b>	<b>all-purpose flour</b>	<b>250 mL</b>
<b>1 tsp</b>	<b>baking soda</b>	<b>5 mL</b>
<b>¼ tsp</b>	<b>salt</b>	<b>1 mL</b>
<b>1 tsp</b>	<b>cinnamon</b>	<b>5 mL</b>
<b>½ cup</b>	<b>butter, softened</b>	<b>125 mL</b>
<b>¾ cup</b>	<b>brown sugar, lightly packed</b>	<b>175 mL</b>
<b>2</b>	<b>eggs, lightly beaten</b>	<b>2</b>
<b>2 cups</b>	<b>overripe bananas, mashed</b>	<b>4 large</b>

Preheat oven to 350 °F (175 °C). Lightly grease a 9 x 5 inch loaf pan. In a large bowl, combine flour, baking soda, salt and cinnamon. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture just until moist (do not over-mix). Pour batter into prepared loaf pan. Bake for 60 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes; turn out onto a wire rack. Makes 16 slices.



#### Nutrition Facts (per slice):

Calories: 170  
Carbohydrate: 24g  
Fat: 7g  
Protein: 3g

Carbohydrate is the body's preferred source of energy, especially for the brain and muscles. There are many carbohydrate-rich foods to choose from, including foods found in each of the four food groups of *Canada's Food Guide*.

#### Did you know?

Most of the carbohydrate in North American diets comes from starches - carbohydrates composed of many sugar units linked together to form long chains. Starchy foods include: breads, cereals, other grain products, as well as vegetables like potatoes, corn and parsnips.

Sugars are also carbohydrates that help fuel the brain and body. Sugars are naturally found in many foods such as fruit, vegetables, and milk products. Sugars are also added to foods to make the taste more appealing.

### CINNAMON RAISIN SCONES

*These raisin scones are ideal for everything from breakfast to dessert. For a tasty crunch, sprinkle granulated sugar over top of the scones just before baking them.*

<b>2 cups</b>	<b>all-purpose flour*</b>	<b>500 mL</b>
<b>2 tbsp</b>	<b>sugar</b>	<b>25 mL</b>
<b>1 tsp</b>	<b>cinnamon</b>	<b>5 mL</b>
<b>¼ tsp</b>	<b>nutmeg</b>	<b>1 mL</b>
<b>1 tbsp</b>	<b>baking powder</b>	<b>15 mL</b>
<b>½ cup</b>	<b>butter, unsalted, softened</b>	<b>125 mL</b>
<b>½ cup</b>	<b>raisins</b>	<b>125 mL</b>
<b>¾ cup</b>	<b>1% milk</b>	<b>175 mL</b>
<b>2 tbsp</b>	<b>1% milk</b>	<b>25 mL</b>
<b>1 tbsp</b>	<b>sugar</b>	<b>15 mL</b>

Preheat oven to 425°F (220°C). Mix together flour, 2 tbsp sugar, cinnamon, nutmeg, and baking powder. Cut in butter until mixture resembles coarse crumbs. Stir in raisins. Add ¾ cup milk, stirring with a fork to make a soft, slightly sticky dough (add a little more milk if necessary). Press into a ball and knead gently on a floured surface about 10 times. Roll dough to ¾" (2 cm) thickness, cut into rounds with a 2 ½" (6 cm) cutter. Place on an ungreased baking sheet. Place 2 tbsp milk in a small bowl and brush each scone with milk. Sprinkle 1 tbsp sugar over the scones (approx. ¼ tsp per scone). Bake for 12 to 15 minutes, or until golden brown. Makes 10-12 scones.

\*To increase the fibre content of these scones, replace 1 cup (250 mL) of the all-purpose flour with whole-wheat flour.



#### Nutrition Facts (per scone):

Calories: 220  
Carbohydrate: 30 g  
Fat: 10 g  
Protein: 3.5 g



*Nutrition Information Service*

The Canadian Sugar Institute (CSI) **Nutrition Information Service** provides science-based information and resources on carbohydrates, sugars, and health to health professionals, educators and consumers.

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